

### **Your Informal Caregiver Network**

Your informal caregiver network includes friends, family, religious communities, neighbors and others who can share the responsibilities of caregiving. This “informal” support network can help with specific tasks (e.g., household chores), provide emotional support to you and your loved one, and help the care recipient maintain a healthy level of social and recreational activity.

Making a list of your informal “helper” network and their phone numbers will be an invaluable source of support for routine assistance or in times of emergency.

NAME	TELEPHONE #	E-MAIL ADDRESS	TASK/NOTES